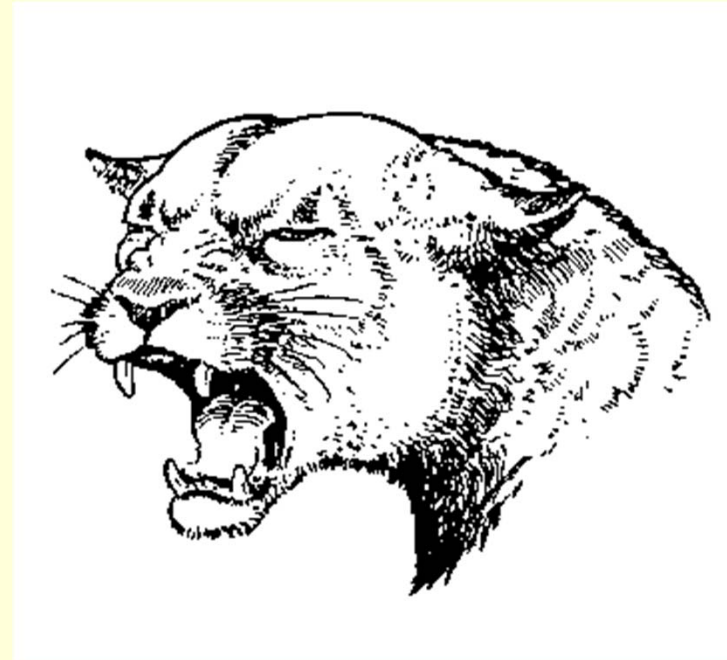


# Physical Education Student Guide

created by Mr. Edwards

# Your Physical Education Staff

- **Mr. Weidner**-Athletic Director
- **Mr. Buncy**-pe
- **Mrs. Doud**-pe/health
- **Mr. Edwards**-pe/health
- **Mr. DeJohn**-pe/health
- **Mrs. Shephard**-pe/emt/Health
- **Mr. Souder**-pe/health



# New York State Mandates

- Each student is required by New York State law to successfully complete eight semesters (2 credit hours) of physical education and 1/2 credit of health.



# Student Conduct Expectations

- Dress in shorts/sweatpants and T-shirt or sweatshirt for activity. These must be **different** from what you wore for school.
- **Actively** participate in Physical Education on a daily basis (this includes the warm-up jog and stretch).
- Present a parental excuse note when participation will be limited because of injury or illness, which is good for 3 **consecutive** school days.
- Notify teacher of any accidents/injuries or limitations **immediately.**

# PE Clothing Storage

- All PE clothing needs to be stored in your PE locker or brought from your school locker.
- We **will not** be opening any athletic locker rooms for you to get clothing from, this includes Mr. Weidner and Ms. Morey.

# Medical Limitations Certificate

- Present a medical excuse for limitations of activity longer than three days.
- The Medical Certificates of Limitations must indicate the area of the program in which the student may participate.
- Please see the High School nurse for the form.

PIONEER CENTRAL SCHOOL  
YORKSHIRE, NY 14173

## MEDICAL CERTIFICATE OF LIMITATIONS ADAPTED PHYSICAL EDUCATION INSTRUCTIONS

Attention Dr. \_\_\_\_\_ (Attending Physician)

The Pioneer Central School District is seeking to meet the needs of each student through individualized programs in Physical Education and would appreciate your assistance.

*All students registered in New York State schools are required, by Education Law, to attend and participate in courses of instruction in Physical Education. In the event that a student is ill or injured, individual medical certificates of limitations must indicate the modification to activities to allow the student to participate to the best of their ability.*

Please provide the following information to guide this instructional modification. (Copies will be given to the teaching staff and put in the student's file.)

\*STUDENT NAME \_\_\_\_\_

\* Start and Ending date of Modification: start \_\_\_\_\_ end \_\_\_\_\_  
until next examination date of \_\_\_\_\_

\*Diagnosis \_\_\_\_\_

PLEASE CHECK THE APPROPRIATE ACTIVITIES so that Physical Education credit can be obtained:

- Contact Sports ( i.e. soccer, basketball, football)  
 Team Non-Contact Sports ( i.e. volleyball, cooperative games)  
 Individual Non-Contact Sports (i.e. golf, tennis, table tennis)  
 Skill Practice, using non-affected area (i.e. catching, throwing, batting)  
 Fitness Room ( weights, machines, aerobics)  
 Officiating/ Scorekeeping  
 Verbal , Written or Technology research  
 Walking  
 Aquatics  
 Individualized Exercise Program emphasizing \_\_\_\_\_

Physician Signature \_\_\_\_\_

Date \_\_\_\_\_

Physical Education Department  
School Nurse

# Class Routine

- Students will report to locker rooms and change for class, on time.
- All students will report to assigned learning station when instructed by the teacher.
- All students will participate in a warm-up.
- At the end of class, all students will report to the locker rooms to change **AND WILL REMAIN IN THE LOCKER ROOM UNTIL THE BELL RINGS!**
- **Showering after class is an option please see your teacher for details.**

# Lockers and Locker rooms

- Please lock ALL of your belongings in your locker.
- Do not share your combo with anyone.
- Do not bring money or valuables to PE, we are not responsible if your belongings come up missing.
- Please no food or drink in the locker rooms.





# Fire Drill Procedures

- Please use the nearest exit.
- Listen to your teacher for further information.
- All students must remain quiet during the fire drill.



# PE Grading System

- 60% of your grade will be based on daily participation.
- 10% of your grade will be based on your application of skills in an activity.
- 10% of your grade will be based on your application of strategies in an activity.
- 10% of your grade will be based on your application of rules and conventions in an activity.
- 10% of your grade will be based on your personal/social responsibility and safety during an activity.

# SWIMMING IN PHYSICAL EDUCATION!

- All classes will be in the pool again this year.
- This is a great opportunity for all students.
- All bathing suits must be one piece.
- You can wear a T-Shirt if you want.



# Making up Classes

- **You may only make up legal absences** which include.
  - Illness
  - Death in the family
  - Court Appearance
  - Field Trip
  - Music lesson
  - Medical or Dental appointment
  - Authorized religious observance
  - Pre-approved college visit
- Make up classes (times/dates) will be posted or ask your teacher for specific information. You must make-up the specific activity that you missed.
- Make-up activities will run for 1 week after the original unit ends.

# In-School Suspension

- All students who are given ISS will receive an excused zero in Physical Education Class.
- Students will then have to follow the make-up PE policy to receive credit for the class that they have missed.
- Make-up classes are **ONLY** done after school.

# Fitness Testing

- Fitness Testing will be done at the start and end of the year.
- The tests will measure your personal fitness levels, please give your best effort.
- You must complete all 5 parts of the test or you will receive an incomplete for your 10 week grade.
- You will fill out your fitness card and give it to your instructor.



# Temperature and PE

- We will only be restricted under the following temperature conditions:
- Below 40 degrees for regular PE classes or below 10 degrees wind chill for X-C Skiing.
- Above a heat index of 89 degrees.



# If you have any questions?

- The PE powerpoint is on the Pioneer High School homepage.
- Please use this as a reference for you and your parents.

